



Using Sound

TO HEAL

Our E-Guide takes you on a journey to discover sound and its powerful healing capacity.



SPIRIT SOUL SISTAS

www.spiritsoulsistas.com.au

SOUND IS FREQUENCY AND HAS THE ABILITY TO PERMEATE ANY SUBSTANCE NO MATTER HOW SMALL, BIG, DENSE OR THIN.

It's uses and power were well known to the ancients across many civilisations, with bowls just like ours found with the Inca's, in India and in particular Egypt. These bowls, all made from clear quartz had the same measurements and geometric egg shape, even though they were from different parts of the world.

It is believed that it took a craftsman 40 years to sculpt a bowl from a large slab of quartz. The geometry of this bowl is unique in that it does not have a flat bottom, but rather the perfect half of an egg. Inside there also resides an Eidolon of a yolk which is refraction of light that appears as a floating crystal ball inside the bowl. This can be used to focus and meditate on whilst playing, helping to delve further into your meditation.

An interesting thing about quartz is that it is made of water.

Trapped water when pressurised, under heat and over time mineralises as clear quartz. With the human body being made mainly of water there is a certain kind of magic that happens in the relationship between the resonance of the bowl and within our body and soul.



HOW DOES THE BOWL WORK?

Tapping three times to begin activates the triangular field of resonance. As triangles are a powerful sacred geometry and contain the number 3, the triangulation of this sound is important in the distribution of the bowls frequency.

The frequency of the bowl works on bringing any cells that are in chaos back into balance. Or in other words works to bring you from out of alignment into alignment, from low vibration to high vibration.

*With this in mind this bowl can assist as a powerful **healing tool** for the following:*

- * Insomnia
- * Dis-ease
- * Stress
- * Anxiety
- * Mental illness



OTHER IMPORTANT USES OF THE BOWL

- Promote positive thoughts
- Clear and positively charge your space
- Realign your chakras
- Calm and quiet babies and children
- Heals the land
- Charge and energise your body
- Deepen meditation by accessing altered states of consciousness
- Opens the Heart

The beautiful thing about the bowl is that the resonance does most of the work, however YOU can make it even more powerful!



**ADD THIS PROCESS TO THE SOUND OF THE BOWLS
FOR AN 8-10 MINUTE MINI HEALING. PERFECT FOR A
DAILY BALANCE!**

* Find yourself a comfortable position where you can be still. Light a candle and call in your Angels and guides. Ask them to assist in your healing

* Set your intention for the healing. This can range from increasing positivity, deepening meditation, to shifting a particular disease or illness.

* Have your palms facing upwards for receiving and close your eyes. Take some deep gentle breaths and allow your body to soften. As the bowls play, breathe and feel into the resonance in your body.

* Allow the vibration to follow the breath through the body, all the while having your intention at the forefront of your mind. If your intention is to heal (for example), watch in your mind's eye as the sound and the breath together move through the body drawing in and transforming any chaotic or damaged cells, bringing them back into alignment and vibrancy.

* In your mind you can use the colour yellow to flow and follow the breath through the body. This will promote further regeneration, healing and joy.

* As the last of the vibration of the bowls fills the space around and inside of you, grow the yellow light from inside until it radiates its light and warmth to surround you in a glowing egg shape.

* Take your time to feel into this new state of creation in your body, know that you have done important healing work. When you are ready give thanks to your Angels and guides as you put out the candle.



THANK YOU!

We are so blessed that this ancient healing tool is available to us, and we can share this with you.

For a more personal and deeper experience with the bowls contact us to book a 30 minute healing session.

[CLICK TO CONTACT US](#)

LOVE THIS PROCESS AND WANT MORE?

Click the icons to join the Spirit Soul Sistas community on email, Facebook and Instagram to get daily tools like this one to help you achieve purity of mind, body, soul, spirit, relationships and environment.



Love and Warmth

Bri and D

xx



SPIRIT SOUL SISTAS

AWAKENING the mind, body, spirit and soul through the integration of spiritual science, ancient energetic practices and holistic living to embody, heal and transcend in our modern world.